er, that they can obtain copies of it distribution at the cost of publi-which, as the pumphlet only con-orty pages, would be trilling. Here poortunity for rome of the charitaof Chicago to do a good and work for the poor of your object of the work is to teach and children upon such portions of roings as may be legitimately used and to make even the n go in full length in accom-at object. I shall proceed to extracts from the pamphlet, conr's work about as may suit my pur-which is to crowd some of its most oints into this letter, and more larly direct attention to the work Of course, in planning how to the wages of the workingman pro-he necessaries of life, the first point considered is the daily supply of

OOD FOOD PROPERLY COOKED. us good blood, sound bones, healthy
s, strong nerves, and firm flesh, to
othing of good tempers and kind
These are certainly worth the
le of the housewife to secure,
is the natural food of nearly all
c creatures, and health and strength,
le longer sustained upon a milk creatures, and health and strength, longer sustained upon a milk an any other. But physiologists edical men say that we thrive best ariety. We obtain warmth and the from fat meat, wheat, tye, barrould. milk, sugar, fruit, peas, beans, nacaroni, and the roots of vege-We gain flesh from lean meat, dour, oat-meal, eggs, cheese vegetables; and if we want ar brain, we must use fish different grains, and a good ruits and vegetables. The fruits and vegetables. The t generally in use among the just what meets the require-t they need instructions as to and most economical means of ring it,-of making a little go a way in these hard times. The bar-id thrifty working classes of France, e country where the most rigid econ-my in regard to food is practiced, never teres or coffee for breakfast, and seldom the or coffee for breakings, and shooth, it he broth from fresh meat, for they that which is Not the broth from fresh meat, for they on not often get that, but that which is made from vegetables, with an occasional bit of bacon or salt pork. In her "Fifteen-Cent Dinners," however, Miss Coreon allows a meat dinner every day, but in order to obtain this, the meat itself must be used one day with vegetables or bread must serve for the next day's breakfield. tast. In all her recipes for meals Miss Cor-son gives the price of each article used; not the wholesale prices to confuse mat-ter; but the prices at which such articles can be purchased at the ordinary grocery fore in small quantities. After so much BILL OF PARE FOR ONE WEEK

prepared for a man and wife with four children, assorted sizes:

RONDAY.

Frenkfist—Balel rice with scalded milk 15

ducer—Corned beef and cabbage 19

apter—Pear boiled in stock 19 Frenklast - Broth and bread Banes - Baked brane..... Saper - Manaroni with cheese...

Breakfast - Rice papada Dinner - Salt pot-au-feu Supper - Lentils stewed in stock VEIDAY.

SUNDAY. Birskiast—Cocos and bread.

Pried lentills

Under—Ban and broth.

Haslet stew

Suet roly-poly pudding.

Total for the week

palatane, to renuer it easy or masters tion, and in order that we may get the greatest amount of goodness from it with the least waste. Rosating or baking meat is the most extravagant mode in which it can be cooked, as it wastes nearly one third of its substance in drippings or steam. Baking is not so wasteful a roasting, provided the meat be surround ronating, provided the meat be surrouned with vevetables or covered with flour
paste to preserve the juices. Broiling is
another extravagant method of cooking
meat, as the fat and juices run into the
the fire or escape up the chimney in
steam. Boiling and stewing are the methods by which the goodness of the meat i preserved, either in the meat itself or i y covered, so that the steam cannon es cape, it condenses on the cover and falls

cape, it condenses on the cover and falls back upon the meat, so that the loss of nourishment is not perceptible: Four pounds of beef waste in boiling or stewing about one pound of aubstance, but this is returned in the broth, in baking the same piece, a pound and a quarter is lost, unless a small portion chances to get caught in surrounding vegetables; in rosating, nearly a pound and a half is wasted. It is not sayed, as some claim in the trial nearly a pound and a first is wasted. It is not saved, as some claim, in the drip pings, and, even if it was, it would be poor economy to buy fat at the price of meat for the pleasure of trying it out. At to the matter of drinks. Miss Corsor resolutely sets her face against all spirit uous or malt liquors, and will not ever allow the hard-worked washerwoman her lass of beer. She quotes authorities to prove that it is of no value whatever n prove that it is of no value whatever as a brief simulant, the reaction from which is worse than the organal state of depression. Barley-water is a terfeshing beverage, and very nourishing, and is especially reccommended to nursing mothers. Tea is extravagant and does not give strength. It is a stimulant, is warm and cheering, and serves to curb the sensation of hunger when the stomach is 'nearly empty, by delaying digeston, but it does not satisfy hunger Goffee is even more costly and no more nourishing. Cocoa, however, is very nutritions, and makes a costly and no more nourishing. Cocoa, however, is very nutritions, and makes a satisfying and wholesome drink. A quart of weak tea will cost 3 cents, including a modest allowance of milk and sugar; a quart of coffee will cost, with "trimmings," 6 cents; a quart of cocoa, with condiments, will cost 6 cents, and has the advantage of containing much nourishment, which the others do not. Milk, however, is reccommended as preferable to either.

"AFTER DINNER THE DESERT.

Of course it is contemplated that with three "15-cent dinners" there shall be at least an occasional desert. Pies and pastry are condemned out of hand as expensive and unwholesome, the bane of American cookery. On the other hand, according to Miss Corson, a good pudding, made of thour, suet, and fruit or molasses, will often take the place of a piece of meat, satisfy hunger as well, give strength in a modest degree, and most certainly please the children. She therefore gives receipes for "auet roly-poly." "molasses roly-poly," "currant ditto," "rice pading, "spotted-Dick pudding," etc., the most coatly of which, in quantity sufficient for six persons, is 18 cents. As comparatively few workingmen—or, rather, men at work—would be restricted to 45 cents a day for their meals, they could, by the addition of another dime, have an excellent dessert for dimer. But it is in A DOLLAR CHRISTMAS-DINKER— "AFTER DINNER THE DESCRIPT.

excellent dessert for dinner. But it is in A DOLLAR CHRISTMAS-DINNER—which might be duplicated for thanksgiving and other festival occasions—that Miss Corson displays her genius. There is to be, of course, a turkey,—for what would a Christmas-dinner be without a turkey, but this turkey must be bought several days before Christmas, as dealers are apt to advance the price as the critical moment arrives when everybody that is anybody must have a turkey. So this turkey for the dollar Christmas dinner is to cost not to exceed 12 cents a pound. turkey for the dollar Christman dinner is to cost not to exceed 12 cents a pound unless you want the demnition total to overrun the dollar. Then the bill of fare is to be roast turkey, baked potatoes apple sauce, plum pudding with crean sauce, and there is a dinner that no man can conscientiously turn his nose up at 1 none of the bills of fare quoted there in much used for food in this country, but in country, but in the country, but in the

As the author only claimed to provide cach meal for filteen cents, we have here early meal for filteen cents, we have here staring on the week's bill of fare of 62 conts, which may be expended for extra hered or milk.

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